

ABSTRACT OF THE DISCLOSURE

Provided are compositions including *Serenoa repens* and extracts thereof, in combination with a sympathomimetic agent, which may be used to control a variety of physical conditions, including obesity, appetite suppression, decongestion, asthma and energy stimulation. *Serenoa repens*, or extracts thereof, when added to dosage forms of pharmacologic agents with sympathomimetic activity, or when administered in combination with sympathomimetic agents, decreases side effects. Thus, debilitating side effects associated with use of pharmacologic agents that stimulate adrenergic receptors and display sympathomimetic effects can be reduced.

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